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Idyllwild Sanitorium

(Strawberry Valley)

by

Norman Bridge.

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CALIFORNIA'S ALPS

(WITH MAPS AND ILLUSTRATIONS)

THE IDYLLWILD SANATORIUM

(ALTITUDE 5250 FEET)

SAN GORGONIO MOUNTAINS

RIVERSIDE CO., CAL.

By NORMAN BRIDGE, M. D., Los Angeles

Emeritus Professor Medicine, Rush Medical College, University of Chicago

AND

WALTER LINDLEY, M. D., Los Angeles

Professor of Gynecology, Medical College of the University of Southern California

Ex-President of the California State Medical Society 1890

"The value of a hilltop to the fretted soul has been known from all time; there is peace at a great height, hope and strength in a broad panorama."—*Cleveland Moffit in the Century, September, 1901.*

FIREPLACE.

CALIFORNIA'S ALPS

The Idyllwild Sanatorium

(STRAWBERRY VALLEY)

By NORMAN BRIDGE, M. D.
LOS ANGELES

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LOS ANGELES

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L. of C.

THE VOICE OF THE MOUNTAIN

Who cometh up to me, he shall have power,
The prophet's power, the old law-giver's might.
Aye, he shall have the tablet in his hand,
He shall not fall, but in the evil hour
And good, uplifted, clothed upon with light,
His neck unbowed, as I stand shall he stand.
—*John Vance Cheney in Harper's Magazine for March*

"Soon as a man finds himself spitting and hacking on rising in the morning, he should immediately take possession of a cow, and go high up into the mountains and live on the fruit of that cow."
—*Celsus, A. D. 250.*

IN EXCHANGE
25 0 '04
F. W. Putnam

The Idyllwild Sanatorium.

There has just been completed at Idyllwild in Strawberry Valley, California, a Sanatorium for the care of invalids, particularly of the pulmonary class. It is situated in a tract of something over fifteen hundred acres of land stretching to the mountains on either side of the valley, being bounded on both sides by large government forest reservations that ensure perpetuation of the forests. The altitude is 5,250 feet above sea-level. The valley is covered with timber, many of the trees being large, pine, cedar and live-oak predominating. The scenery is grand and picturesque, resembling that of the White Mountains of New Hampshire. There are numerous springs of pure water on the property and several streams that never run dry. The San Jacinto Mountains in which Strawberry Valley is situated are on the edge of the great Colorado Desert, about sixty miles east of Los Angeles. The air is dry and clean, and warm but not unpleasantly hot in summer, while in winter the temperature a few mornings reaches below freezing point, and has been known to touch 15 deg. F. During the sunshine part of the winter days the air is practically always above freezing point.

The Sanatorium buildings consist of a central structure containing 51 rooms, a power house to furnish steam heat and power for electric lighting as well as power for an ice plant and a steam laundry; several cottages of six rooms each and others of three rooms each, all connected in one system of heating, lighting and sewerage. The buildings contain all the modern improvements and are equipped with every device for making the place thoroughly whole-

some, as such a Sanatorium ought to be. There are sufficient verandas, both open and protected by glass. The power house has extra boilers and power to provide against accidents.

There are cottages and tents to rent near the Sanatorium, light, heat and sewerage connection being furnished for those who desire to keep house.

There is a resident physician and a corps of trained nurses, and the institution is managed in an efficient manner. Patients have the benefit of perfect hygiene, regimen and climatic conditions, and as to the special and medical treatment, physicians sending patients may be sure that so far as is possible their directions will be faithfully carried out.

Hopeless cases of consumption will not be received, but the profession is invited to send such cases as under the best possible condition have a fair prospect of recovering. No pains will be spared to make the patients comfortable and give them every advantage of modern sanatorium treatment. They will be compelled to be much out of doors and to breathe fresh air always. The expectoration of patients is destroyed with such scrupolosity, and all possible infected clothing is sterilized with such thoroughness, that it is confidently believed the atmosphere of the Sanatorium and about it is freer from danger due to bacilli than the air of the streets of any city in America. Hence well people may visit and sojourn at the Sanatorium with perfect safety. Families may come with their invalids and live throughout the year if they choose to. They will find all the advantages of a modern village, including a good school. The school, with the assistance of resident tutoring, is able to take pupils through the work of an advanced High School which fits for college. The postoffice has money-order functions, and the mail is delivered daily.

A general store and livery stable, a golf course, lawn tennis courts, a bowling alley and a shooting range are provided for the patronage of guests and residents. Guides, burros, horses, tents and carts are furnished for camping parties.

No shooting or fishing are permitted on the grounds of the corporation—except shooting on the range provided. But there is fine hunting on the government reservation. No live trees are allowed to be cut, and the young pines, of which they are many thousands, are guarded as though they were sacred things.

Idyllwild Sanatorium is reached by the Santa Fe rail-

Some of the Cottages.

road to Hemet, thence by stage or automobile twenty miles to Strawberry Valley. These conveyances meet every train and make two trips daily.

The rates of board at the Sanatorium range from $15 to $50 per week, depending on the rooms occupied and the nursing attention required. The average case can be made entirely comfortable, even sumptuously entertained, at $15 per week. All ordinary services of the resident physician are free to guests of the Sanatorium. Laundry work is extra.

Several members of the medical profession of Southern California had long believed, what I think is true, that this valley had, for such a Sanatorium, natural advantages not surpassed by any other spot on the globe. Through their efforts prominent laymen have joined them in providing a large sum for this enterprise. The amount is too large and the interest in the Sanatorium too general and intelligent to allow it to deteriorate. I believe it will not deteriorate but grow better and more useful.

While the others members of the directorate give advisory attention, the practical charge of the enterprise is in the hands of Dr. Walter Lindley, who has had many years of experience in conducting public institutions, and has a record of the highest order for efficiency and discretion.

All communications should be addressed to R. A. Lowe, Manager, Idyllwild, Riverside Co., Cal. H. G. McNeill, M. D., Medical Superintendent.

*HIGH ALTITUDES IN SOUTHERN CALIFORNIA.

BY WALTER LINDLEY, M. D., LOS ANGELES.

Southern California has long had an enviable reputation as a resort for invalids needing a low altitude, and many members of the profession will be surprised when they learn that it also has beautiful mountain resorts at a high altitude that are unequaled the year round in salubrity of climate.

In 1888 an article appeared in the Southern California Practitioner on high altitudes in Southern California. This article described a trip to the summit of Mount San Jacinto, 11,000 feet above sea-level, which I took in August, 1888.

Mount San Jacinto is the highest point in the San Gorgonio range and is twelve miles from Idyllwild. The first three miles from Idyllwild were through rolling pine forests by a mountain stream; then we began to climb, and for an hour we were going upward until we reached Tauquitz Valley, 7,500 feet above sea-level; here were thousands and thousands of acres of pine forests and rich land, well watered by never-failing mountain streams. Soon we were climbing again until we passed over another ridge and into another magnificent combination of forest and grassy plain, called Tamarack Valley. Here we were 9,000 feet above the level of the sea. As we passed through a beautiful meadow where the foot of man had rarely trod, a deer ran before us and was soon hidden in the timber.

Again, after about a four-mile ride, we began to climb. As we crossed the last mountatin stream at 5 p. m., we

*The Southern California Practitioner, Dec., 1900.

filled our canteens and watered our horses. At 6 p. m. we reached a level plateau 10,300 feet above the level of the sea and only 800 feet below the summit. We left our pack burros at this point and turned our horses' heads toward the mountain peak. One hour more brought us to the great eminence, 11,000 feet above sea-level. To the west were numerous towns dotting the valleys, and shimmering in the sunshine of that Sunday afternoon lay Lake Elsinore, 60 miles away. East of us was a beautiful panorama that showed Indio with her cottages, and her palm groves, a veritable oasis, while on beyond lay Salton with her dazzling salt fields.

Here on the eastern side of this mountain is the highest vertical wall in the United States. Our guide started a boulder over this slope and we heard it bounding and rebounding through the awful chasm below.

Again, in September, 1899, I made this trip with Dr. F. T. Bicknell of Los Angeles. When we arrived at our objective point the wind was whistling over this barren mountain peak, and sitting on a stool on a rough platform was a lonely man doing duty for our government as a signal officer. Owing to the noise made by the wind he did not notice our approach, and we found him earnestly talking to himself. He seemed startled and then delighted to see us; it had been two weeks since he had seen a human being, and then it was another man in the government employ. All who have taken this trip maintain that it is one of the noblest panoramas of stupendous mountain grandeur in the world.

The latitude of Idyllwild, which is located in Strawberry Valley, is 33 degrees and 48 minutes north. The longitude is 116 degrees and 45 minutes west. The altitude of Idyllwild is 5,250 feet, and is practically the same

as the great resorts in the Swiss Alps, which are as follows:

Maloja	6,000 feet.
Wiesen	4,771 feet.
Davos Platz	5,105 feet.
Andematt	4,738 feet.

The Alpine winter cure of pulmonary diseases is very popular in Great Britain and on the Continent. Thou-

A Big Tree.

sands of pulmonary cases flock to the Davos Platz, Maloja and Wiesen in the Swiss Alps every winter, sleeping with their windows wide open in the coldest weather. Im-

IDYLLWILD

mense and well arranged Sanatoria have been constructed, and remarkable results have been recorded. These Alpine resorts are on barren plateaus, and have not the wealth of the beautiful pine forests that cover the Southern California mountain valleys. In 1899, after the trip mentioned of Dr. Bicknell and myself, we decided that all of this section must be reserved for health purposes, and we organized a company under the title of the California Health Resort Company, to establish a Sanatorium in Strawberry Valley, and this incorporation was completed April 21, 1900, with an authorized capital of a quarter of a million dollars. There are ninety stockholders, principally physicians, including a majority of the prominent practitioners of Southern California. The officers are:

President, F. T. Bicknell; Vice-President, Norman Bridge; Treasurer, Joseph Kurtz; Secretary and General Manager, Walter Lindley. Directors: W. W. Hitchcock, Geo. L. Cole, Granville MacGowan, M. L. Moore, John R. Haynes, E. R. Smith, Frank P. Flint, F. T. Bicknell, Norman Bridge, W. W. Beckett and Walter Lindley.

The company has purchased a mountain tract of 4,284

Sanatorium.

acres, known as Strawberry Valley. This valley, in which Idyllwild is located, has an average altitude of just one mile; it is well timbered with both the pine and the oak, and has running through it three creeks. There are also, dotted about on this tract, twenty springs, one of these having a flow of *four inches during the dryest times.

Strawberry Valley is situated in the center of a government forest of seven hundred and thirty-seven thousand acres, giving the finest opportunities for hunting and mountain climbing. The Government protects all of these forests from devastation, so that it makes an immense mountain park for the benefit and pleasure of the guests of the Sanatorium.

The first step taken was the development and the installment of a complete water system. This water is taken from a mountain spring that flows 80,000 gallons in twenty-four hours. It is piped to a carefully cemented, well covered and ventilated reservoir, holding 125,000 gallons. This reservoir is situted 200 feet higher than the buildings.

*Equivalent to 60,000 gallons of running water in 24 hours.

FERN FIELDS.

which gives good pressure for abundant fire protection. From the reservoir this pure spring water is piped throughout all of the buildings.

The next step was the construction of a sewer system on the most modern, scientific plan. Thousands of feet of

the best vitrified sewer pipe were hauled up the mountain side at a great expense.

The plan of the building includes a central building of fifty rooms, surrounded by cottages of from three to six rooms each, with a club house and all the means of entertainment pertaining thereto. There are also, within easy access of the Sanatorium building, numerous modern tents with floors, giving the best opportunity possible for living comfortably out-of-doors. In the central building there are, beside the bed-rooms, large and small dining-rooms, parlors, reading-room and kitchen, surrounded on three sides with wide verandas. These verandas are arranged to close partially or completely with glass, making each one of them a solarium, when it is desired to use them in that way. The parlors, dining-rooms and reading-room can all be thrown into one large concert-room. The cottages and tents are so situated that the occupants can readily go to the dining-room in the central building, or can be served by trays in their own rooms, as may be desired. Each cottage has its own bath and toilet, while in the central building there are numerous private and general baths. All apartments, both in the central building and in the cottages, are heated by steam and lighted by electricity.

The plumbing throughout the Sanatorium is of the most perfect sanitary style, having been put in by a well known Los Angeles firm, the contract price being ten thousand, nine hundred and fifty-seven dollars.

About one-third of a mile away from this Sanatorium, the Company has erected a village of cottages and tents that are rented at reasonable prices to those who may desire to keep house independently. There is a store, dairy and wood-yard for the service of all who desire to live in that manner.

The Sanatorium has its own dairy and gardens, and

GAME AND READING ROOM.

the cattle and sheep are grown in the mountains, the stock being fattened under direct supervision.

Every room is thoroughly fumigated after each occupant, whether the previous occupant had been sick or well; every knife, fork and dish is boiled immediately after it has been used; there are printed instructions for patients as to the best way of protecting themselves and others, and there is provided a systematic course of lectures on diet, hygiene, baths, and all matters pertaining to the individual's hygiene. In fact, one of the great benefits to be derived from this resort will be the hygienic education which the guests will receive.

Golf links, lawn tennis courts, croquet grounds, a shooting range, bowling alley and billiard-room, give a variety of healthful recreation in addition to the many entertaining and inspiring natural attributes of the mountains and valleys.

Guests desiring mountain climbing, or who wish to take short trips through the mountains, will be furnished with horses, burros, cooks and guides, and a complete outfit for camping purposes.

Pure water, mountain air, good food and healthful occupation are the four cardinal principles of this great resort.

There is a resident physician and a corps of trained nurses, and also an excellent school for the younger children, so that families coming here can have the satisfaction of knowing that the education of their children need not be suspended.

Southern California has long been the Mecca for invalids, but heretofore there has been no adequate preparation for them; now all has been changed, and here in this mountain fastness, surrounded by all of the grandeur of a primeval forest, will be found the delightful comforts of a metropolitan hotel.

Idyllwild is situated in Riverside county, twenty miles from Hemet, which is a flourishing village located on a branch of the Santa Fe railroad. The ride from Hemet, the first few miles, is through orange groves and rich farming lands; the last twelve miles is over a beautiful mountain road, aligned by great pines and cedars, with magnificent scenery both above and below. Stages and automobiles,

carrying nine persons each, meet every train; thus making the trip novel, charming and easy.

In conclusion, the advantages of Idyllwild are:

1. Its isolation from the dust, noise and temptations of towns and cities.
2. Its altitude (5,250 feet).
3. The atmosphere of the pine forest.
4. The purity of the atmosphere, due to three causes: (a) altitude; (b) proximity to the Colorado Desert, from whence comes the nocturnal breeze; (c) proximity to the Pacific Ocean, from which the diurnal breeze comes.
5. Beauty of scenery and variety of interesting short tours that can be made through surrounding mountains.
6. The cottage system.

A Home-like Tent.

7. The village system.
8. The tent system.
9. The large territory controlled by the Sanatorium management, that insures thorough enforcement of sanitary rules in all the contiguous country.
10. The mildness and equability of the climate—unequaled by any other mountain resort in the world.
11. Pure spring water throughout all the buildings.
12. Great range of healthful out-door amusements available 340 days in the year.

*THE IDYLLWILD TRACT.

SCENE OF ONE OF THE WORLD'S MOST NOTABLE UNDERTAKINGS.

BY ELIZABETH T. MILLS.

Far up in the San Jacinto Mountains, in Southern California, is a valley filled with noble scenery and girt in with sunny splendor; this spot is now dedicated to a great undertaking. Thousands and even hundreds of thousands of acres of pine-covered territory are to be devoted to the purpose, no limit as to space being thought of. Prominent men all over the United States, from New York to San Diego, are connected with the project. It cannot but succeed, for it has every vantage for success, and is only just now ready for operations.

In addition to the beautiful surroundings, the climate is also perfectly adapted to the wants of the institution—which are many—and the place is closely and romantically associated with the history of the country. Here is where were enacted the most thrilling and exciting scenes when the United States took possession of the Indian lands; here is where the most pathetic and dramatic events in the life of Ramona transpired.

More important than all of these things, in the eyes of many, is the fact that in this very place, not many years

*Abstracted from the Los Angeles Times Magazine, July 7, 1901.

On the Road to Idyllwild.

since, there were raised the finest race horses in the world; great deep-lunged creatures, with immense breathing powers; and now the plan of the present undertaking is to make just such conditions possible for humanity, to establish homes and perfect conditions of environment for people on this enormous tract of land where every advantage for deep lung power can be attained.

Consumption and other forms of tuberculosis cannot be corralled in cities and treated successfully; they must have space, trees—pines in abundance, and grand possibilities of sunshine in out-door life; in this regard the present undertaking is to be the greatest of its kind ever known in the world's history.

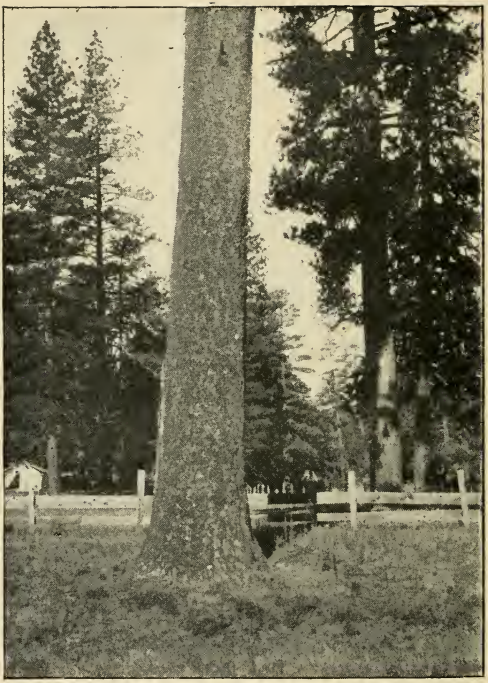
The interest in this enterprise is widespread, and among those who are giving it most active encouragement, are O. S. A. Sprague, the Chicago capitalist; Frederick H.

Rindge, the well known philanthropist, of Cambridge, Mass., and Santa Monica, Cal.; Drs. Burnham, Remondino and Parker, of San Diego; Drs. Kendall and Parker, of Riverside; Dr. Mattison, of Pasadena; Dr. Huff, of Corona; Drs. F. T. Bicknell, E. R. Smith, Norman Bridge, W. W. Hitchcock, John R. Haynes, George L. Cole, Walter Lindley, W. W. Beckett, M. L. Moore, and forty-five other physicians in Los Angeles; also several of the leading Los Angeles hotel keepers are actively interested, the whole aim being as much as possible to get invalids out of the hotels and boarding-houses of Los Angeles and Pasadena, into the sunshine and pure air of the mountains.

As you leave the station of Hemet, the road leads through a broad avenue of palms and peppers to the mountains beyond, where it climbs up by the side of a bed of a stream which gradually widens into bubbling cataracts and splashing waterfalls, supplemented by placid pools. Here, willows and alders are footed by beautiful green fronds of fern, and a tall pine with bayonet point, is passed and repassed five times in the winding roadway up the mountain side.

All the way the mountains grow higher and closer. Tier upon tier they rise, row after row. No sense of limitation is borne in upon the mind; rather a feeling that they will continue on forever in this way. The plains and all belonging to them are lost sight of, the mountains are all about, and everything is swallowed up in their massive grandeur. Deeper and deeper the road penetrates into their solitudes; on and on you ride, and still they open up for your way the sense of their greatness, gradually giving way to one of kinship.

When the altitude of 5000 feet is reached, there is a sort of plateau, called Strawberry Valley, and it is in the further extremity of this that the Idyllwild tract is situated. At the entrance to this valley there is a noticeable difference in the atmosphere, the first effect of which is to make you feel like sitting erect, straight as the smooth pines which surround you by the thousands on all sides. An analysis of the condition tells you that there is a clear, penetrating quality in the air, a sort of crispness, which makes the sweet, resinous breath of the cedar, spruce and



AMONG THE PINES.

pine trees seem to go through the whole body as balmily as the breeze plays through their own branches.

Those who are well versed in the climatic conditions of the place, tell you that this effect is due not alone to the high altitude, or even to the breath of the trees, however grateful this may be to the senses, but to the efficient service of one who is not generally considered a friend,

one whose presence is better not seen, as it is in this case; and that one is the desert. The Colorado desert is contiguous to this part of the country, though it is not visible from this side of the mountains.

. . . . . .

In the beautiful romance of 'Ramona," now so familiar to all readers, there is mention of all the places in this vicinity; of San Jacinto, of Saboba, and of the mountain trails, and, moreover, this very spot is the one to which Alessandro led poor Ramona when the white people had taken away their land, their home, and all their possessions.

. . . . . .

As you ride down the mountain and look far out over the valley, surrounded by rows of mountains, you notice large tracts of the country enclosed in fences, and wonder what their use could have been. The stage driver answers your query thus:

"This was once the most famous place for raising race horses. The fine air gave them great lung capacity; big lungs, like a pair of bellows. They could run, and run, and run, and there was no give up to them.

Then you fall to thinking of the vast possibilities now opened up for the many people who are languishing in the midst of the race of life, and for the delicate children who have just entered upon it, and you feel a wave of longing sweep over you to gather all these suffering little ones into the bosom of the great San Jacinto, to call them here, and where they may learn to "run, and run, and run, and never give up."

Strawberry Valley Lodge is a popular camp and summer resort, one-half mile from the Idyllwild Sanatorium. It is under the same general management as the Sanatorium.

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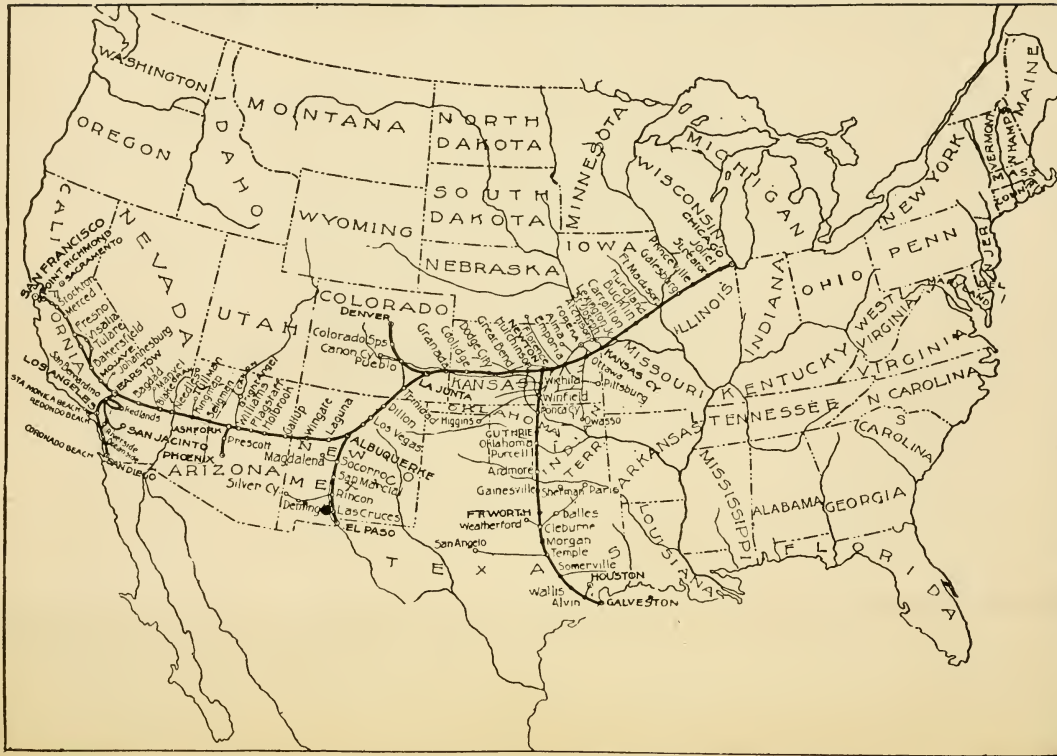
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